



Friendship Heights

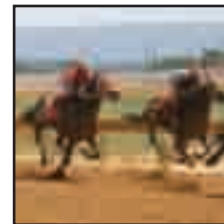


VILLAGE NEWS

MAY 2010

301-656-2797

VOLUME 24, NO. 12



Charles Town Races

see page 3



Explore Smith Island

Visit one of Maryland's most intriguing destinations as we travel to Maryland's Eastern Shore and to Smith Island on **Thursday, June 17**. Famous for mouth-watering seafood, its decadent nine-layer cake and beautiful wildlife, Smith Island offers visitors a way to escape the hectic pace of the mainland and enjoy the serenity of one of Maryland's oldest communities.

Though the fishing industry defines Smith Island today, the island was first used by English settlers in the 1600s to graze livestock. A wonderful unique dialect persists on Smith Island that originated with these settlers. Captain John Smith charted the area in 1608, calling it The Russell

continued on page 7

Go underground for a day

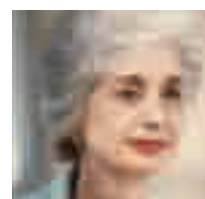
Spend a day in the beautiful Shenandoah Valley, visit two of Virginia's famous caverns and enjoy lunch at an historic inn when we travel to Shenandoah and Luray Caverns on **Monday, June 28**.

We will leave the Village Center at 7:30 a.m. for the two-hour drive to one of the world's natural wonders, Shenandoah Caverns. On our guided tour we'll see such extraordinary formations as the Capitol Dome, Diamond Cascade and Rainbow Lake. Shenandoah is the only cavern in Virginia with an elevator down to its 17 underground rooms and level walkways. Before we leave, there will be time to walk through the wonderful displays of floats from presidential inaugural parades, animated department store windows, and antique cars. Shoppers can browse in the wine shop and general store.

Following our tour, we'll drive to the town of Luray for lunch at the gracious Mimslyn Inn. This National Trust Historic Hotel was once the site of a Civil War army encampment and hospital. We'll enjoy the southern hospitality and an extravagant three-course buffet lunch in the beautiful main dining room.

continued on page 16

Spend a civilized evening with Miss Manners



You don't have to be planning a wedding to enjoy an evening with Judith Martin (Miss Manners)

when she and her daughter, Jacobina Martin, discuss their book, *Miss Manners' Guide to a Surprisingly Dignified Wedding*, at the Village Center on **Monday, May 24, at 7:30 p.m.**

Judith Martin's Miss Manners newspaper column began in 1978 and is now carried in more than 200 newspapers in the United States and abroad. Mrs. Martin, one of the original members of *The Washington Post* Style and Weekend sections, covered social events at the White House and embassies and was a theater and film critic before writing her etiquette column which chronicles America's manners and morals—with humor.

Jacobina Martin, a newlywed, teaches improvisational comedy at Chicago's Second City. She and her mother have written a book that takes on monster weddings that exhaust families and their bank accounts.

Copies of the book, provided by Politics and Prose, will be available for purchase. Sign up by calling 301-656-2797.

CHILDREN'S PROGRAMS

Summer art camp filling up

Only a few spaces remain for our week-long summer art camp for children **Monday, June 21 through Friday, June 25, 9:30 a.m. to 12:30 p.m. daily, at the Village Center.** Children will learn painting, print making, Chinese brush, cartooning, sculpture and more. The camp, run by our curator Millie Shott, is designed to allow children to do fine art projects. It takes place from 9:30 to 12:30 daily at the Village Center. The cost is \$225. The minimum number of participants is 20; the maximum is 30. Children are grouped according to age. For more information, call the Village Center at 301-656-2797.



Friendship Heights VILLAGE NEWS

www.friendshipheightsmd.gov

Email: info@friendshipheightsmd.gov

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space for the June issue is May 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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ON the GO...

We're off to the Races and Slots

By popular demand, we're off to nearby Charles Town, West Va. to Charles Town Races and Slots on **Sunday, May 23**. We'll depart the Village Center at 10:30 a.m. and arrive in time for a scrumptious brunch on the Skyline Terrace. Following our brunch buffet, you can bet on the ponies or try your luck at the numerous gaming machines.

We should return to Friendship Heights by 6:30 p.m.

The cost of the trip is \$68, which includes transportation, admission to the park, buffet brunch and all taxes and gratuities. Residents and a guest may sign up immediately at the Village Center. Nonresidents may sign up beginning May 10. For additional information, call the Village Center at 301-656-2797.

Please note that there is a long walk from the bus, through the casino to the Skyline Terrace.



Play ball!

Join us for an afternoon at the ballpark where we'll cheer on the Nationals when they play the Cincinnati Reds on **Sunday, June 6**.



Enjoy a Nats dog, Ben's chili bowl, or a Five Guys burger or any of dozens of lunch choices while rooting for our team. Youngsters are welcome.

We'll leave the Village Center at 12:15 p.m. and return before 6 p.m. The cost of the trip is \$45, which includes transportation, a discounted seat in section 237 (under cover and a short walk from the entrance), and driver gratuity. On May 6 the price will rise to \$50.

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Economics correspondent to speak at the Center

Chris Farrell, the personal finance correspondent for NPR's "Marketplace Money" will discuss his book, *New Frugality: How to Consume Less, Save More, and Live Better*, at the Village Center on **Thursday, May 13, at 7:30 p.m.** This event was originally scheduled in March.

In his book, Mr. Farrell shows how the economic downturn can be an opportunity to reconsider what, why, and how much we consume and to make the most of what we have.

In addition to being correspondent and editor for "Marketplace Money," a weekly one-hour personal finance show syndicated nationally on public radio,

he is economics correspondent for the business program "Marketplace" and American Radio Works. He is also contributing economics editor at Business Week magazine.

Copies of the book, provided by Politics and Prose, will be available for purchase. Sign up by calling 301-656-2797.

Save the dates!

July 22: Joshua Bell and the NSO at Wolf Trap

November 7: "Oklahoma!" at the brand new Arena Stage.

December 12-14 - Two nights at the Greenbrier Resort in West Virginia. Look for details in the fall.



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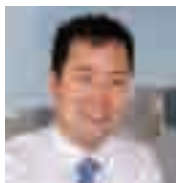
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Happy Anniversary Hosaka

Dental! I can't believe a year has already passed since I first came to Friendship Heights. I'm very happy to have met so many wonderful

people in this community over the past 12 months, and I'm excited to meet many more in the future. Some of you have visited the office and then referred your friends and family while others have read my articles and passed them on. It is these gestures that give me the will to work harder while being faithful to my mission, "To provide outstanding customer service with the most effective and advanced dentistry in a relaxing and friendly environment", to help the community with their dental needs, and to continue to share my knowledge of dentistry through my monthly articles. From the bottom of my heart I say THANK YOU for your support and your warm welcome to the community. In return I have decided to provide FREE consultations to all Friendship Heights residents during the month of May. Please call Hosaka Dental, and schedule your FREE consultation.

"Hosaka Dental - We strive to see you smile!"



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Great music series at the Center

Join this ongoing discussion group at the Village Center for 45-minute video presentations entitled "How to Listen to and Understand Great Music" on alternate Wednesday evenings **from 7:30 to 8:30 p.m.** This month the group will meet on **May 12** to discuss Berlioz's *Symphonie Fantastique (Part 2)* and **May 26** to discuss 19th Century Bel Canto Opera.

The taped lectures are given by Robert Greenberg, composer, performer, music historian, teacher and sought-after lecturer. He examines the history of great music, illustrating each lecture's theme with musical passages for nearly every major composer, style, musical form and era. Prof. Greenberg has taught, performed and lectured across North America and Europe. He has received numerous awards and has composed over 40 instrumental and vocal works. Each lecture is about 45 minutes in length, with 15 to 30 minutes added to discuss and socialize at the beginning or end of the video.

The DVD series was produced by The Teaching Company, renowned for selecting gifted teachers, lecturers and historians to address their topics.



Produce market returns to the village

Twin Springs Fruit Farm will set up its market on **Saturday, May 1, from 9 a.m. to 1 p.m.** and will be a welcome fixture every Saturday on the portico of the Friendship Heights Village Center until mid-November.

During May, the farmers expect to have their own greenhouse tomatoes, arugula, cucumbers, basil, peppers and garlic. In addition, they will feature fresh asparagus, spinach, radishes, spring onions, lettuce and other locally grown veggies. Also available in May are North Carolina strawberries, baked goods, jams and jellies, apples, cheese and eggs. See you at market!

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Smith Island, continued from page 1

Iles, in honor of the physician who saved him from a stingray's poisonous barb during his voyage. Subsequently, Henry Smith of Jamestown was granted 1,000 acres in 1679 and the area became known as Smith Island.

We'll depart from the Village Center at 8 a.m. and travel across the Chesapeake Bay Bridge to Crisfield, where we'll join Capt. Alan Tyler for a smooth and comfortable 40-minute cruise across the Tangier Sound. We'll spend two and one-half hours on the island, where you will enjoy its beauty and simplicity. Browse through the friendly streets and neighborhoods and talk with the locals. Stop in the local grocery store, craft shops and visit the Museum.

Once you've ventured around a bit, enjoy a family-style meal featuring fresh seafood at the Bayside Inn. The luncheon menu includes a deluxe crab cake and a soft crab, clam fritters, country sliced ham, cole slaw, macaroni salad, corn pudding, green beans, stewed tomatoes and homemade rolls. You'll also get a slice of the famous Smith Island Layer Cake—the official cake for the State of Maryland!

Right inside the Bayside Inn is a gift shop. Here you can browse through all of the unique gifts from

the island.

We'll reboard the boat for our return trip to Crisfield. We should return to Friendship Heights by 9 p.m.

The cost of the trip is \$120. Sign up by May 30 and pay \$99. Children over 6 years of age are welcome.

Residents and one guest may sign up immediately; nonresidents may sign up beginning May 14. The deadline to sign up is June 9.

This trip requires a good deal of walking on the island. Please remember to pack sunscreen and insect repellent.

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PLAYING on the BIG SCREEN

All movies begin at 7 p.m.

A Note from the Program Directors

As a courtesy to our speakers, authors and performers...

• Turn off cell phones • Do not take food or drink into the auditorium • Arrive on time for all events • Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be allowed.

Thursday, May 6, 7 p.m. — Movie — *Crazy Heart*

Jeff Bridges won the Academy Award for best actor for his portrayal of Bad Blake, a worn-down country singer, in this drama adapted from a novel by Thomas Cobb. His spirit broken by multiple failed marriages, too much time on the road, and too many nights with the bottle, Bad had started to feel like he was headed down the path of no return. When probing young writer Jean digs deep enough to unearth the broken man behind the legend, however, Bad realizes that redemption may not be such a long shot after all. Maggie Gyllenhall earned an Oscar nomination for her portrayal of Jean. Also stars Robert Duvall and Colin Farrell. Rated R. Running Time: 117 minutes.



sinister when an older, more worldly suitor sweeps her off of her feet while placing her future in jeopardy. Carey Mulligan earned a best actress nomination for her portrayal of Jenny. Also stars Peter Sarsgaard. Rated PG -13. Running Time: 95 minutes.

Thursday, May 27, 7 p.m. — Movie

— *The Blind Side* — Taken in by a well-to-do family and offered a second chance at life, a homeless teen grows to become the star athlete projected to be the first pick at the NFL draft in this sports-themed comedy drama inspired by author Michael Lewis' best-seller. Michael Oher was living on the streets when he was welcomed into the home of a conservative suburban family, but over time he matured into a talented athlete. As the NFL draft approaches, fans and sports radio personalities alike speculate that Oher will be the hottest pick of the year. Sandra Bullock won the Academy Award for best actress for her portrayal of Lee Anne Touhy. Rated Pg-13. Running Time: 128 minutes.



Thursday, May 13, 7:30 p.m. — No Movie — Book-signing with Chris Farrell – see page 4 for details.

Thursday, May 20, 7 p.m. — Movie — *An Education* — In London in 1961, a suburban London teen finds her traditional education replaced by something slightly more



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ART and CULTURE



Dolls and quilts on exhibit in Friendship Gallery

Cloth & Chocolate, a Montgomery County group of quilters, and the G Street Doll Club will exhibit in the Friendship Gallery during the month of May.

The work of the G Street Doll Artists is nationally known and always a hit at the Village Center. These dolls are very sophisticated works of art and all are delightful.

Cloth & Chocolate (the name inspired by the two passions of the nine-member group) includes award-winning quilt artists and teachers from the region. This year the quilters challenged themselves to produce quilts that measure 45 inches by only 9 inches. Some of these pieces will be in the exhibit.

The show runs from May 2 to 31. All are invited to a reception to meet the quilters on **Sunday, May 23, from 11:30 a.m. to 1:30 p.m.** Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m. and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of certain activities in that room. Please check with the front desk receptionist when you arrive. Please note that all sales of art are final.

"Jane's Flowers" by Ruth Cohen; dolls by Judi Ward



Attention artists!

It's not too early to think about entering a painting in the Village's "Three Cheers for the Red, White and Blue!" art show in July. This popular multi-media exhibit is held each year in conjunction with the annual Fourth of July celebration and is open to all artists in the area. Themes include family gatherings, parades, fireworks, picnics, heroes, and, speeches. Prizes will be awarded to the top winners. Applications are available at the Village Center.

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References available



MAY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

Looking for a tasty way to get involved in the community?

The Friendship Heights Urban Network (FHUN) is looking for volunteers to help plan and execute the 4th annual **Taste of Friendship Heights on Saturday, Sept. 25, 2010**. It's the culinary event of the year in the Village and a great opportunity to learn about the community, meet your neighbors, and get to know the local restaurants and businesses. For information, contact Rachel Schacherer at rschacherer@gmail.com or www.tasteoffriendshipheights.com.



<div>1</div> <div>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</div>						
<div>2</div> <div>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</div>	<div>3</div> <div>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Café Muse 7 p.m.: Yoga</div>	<div>4</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 12:30 p.m.: Stretch with Tonya 1 p.m.: Balance and Fall Prevention 1 - 2:45 p.m.: Blood Pressure Screening 3 - 4 p.m.: Tea 3 - 5 p.m.: Suburban Nurse Specialist 6:30 p.m.: Depart for Kennedy Center</div>	<div>5</div> <div>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel 3 p.m.: Chair Yoga 7:30 p.m.: Concert: Kinor Dance Company</div>	<div>6</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie:Crazy Heart</div>	<div>7</div> <div>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl</div>	<div>8</div> <div>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</div>
<div>9</div> <div>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</div>	<div>10</div> <div>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga 8 P.M.: Friendship Heights Council Meeting</div>	<div>11</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 p.m.: Balance and Fall Prevention 1 – 2:45 p.m.: Blood Pressure Screening 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates</div>	<div>12</div> <div>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Suburban Lecture: Preventing a Brain Attack 1:30 p.m.: Caring For Your Family Treasures 2 p.m.: Health Insurance Counseling 3 p.m.: Chair Yoga 7:30 p.m.: Great Music series 7:30 p.m.: Concert: Minter and Minter</div>	<div>13</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7:30 p.m.: Book Signing with Chris Farrell</div>	<div>14</div> <div>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl</div>	<div>15</div> <div>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</div>
<div>16</div> <div>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</div>	<div>17</div> <div>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya 1:30 p.m.: Intermediate Spanish 2:30 p.m.: Acrylic or Oil Painting 5 to 7 p.m.: Shred-it 7 p.m.: Yoga</div>	<div>18</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 12:30 p.m.: Vision Support Group 1 p.m.: Balance and Fall Prevention 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 5:30 p.m.: Beginning Spanish 7 p.m.: Mat Pilates</div>	<div>19</div> <div>9:15 a.m.: Fit 4-Ever 9:30 to 11:30 a.m.: Skin Cancer Screenings 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel 3 p.m.: Chair Yoga 7:30 p.m.: Concert: Guity Adjoodani</div>	<div>20</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: An Education</div>	<div>21</div> <div>9:15 .m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl</div>	<div>22</div> <div>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 12 p.m.: Landon Symphonette</div>
<div>23</div> <div>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 10:30 a.m.: Depart for Charles Town 1:30 a.m. – 1:30 p.m.:Art Reception</div>	<div>24</div> <div>9:15 a.m.: Fit 4-Ever 10 a.m. – 2 p.m.: MVA Bus 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya 1:30 p.m.: Intermediate Spanish 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga 7:30 p.m.: Book Signing with Judith Martin (Miss Manners) and Jacobina Martin</div>	<div>25</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 p.m.: Balance and Fall Prevention 1 – 2:45 p.m.: Blood Pressure Screening 3 - 4 p.m.: Tea 3 - 5 p.m.: Suburban Nurse Specialist 5:30 p.m.: Beginning Spanish 7 p.m.: Mat Pilates</div>	<div>26</div> <div>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel 2 p.m.: Health Insurance Counseling 3 p.m.: Chair Yoga 7:30 p.m.: Great Music series 7:30 p.m.: Concert: Good Time Trio</div>	<div>27</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 7 p.m.: Movie: The Blind Side</div>	<div>28</div> <div>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events</div>	<div>29</div> <div>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</div>
<div>30</div> <div>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</div>	<div>31</div> <div>Memorial Day Center open 9 a.m. to 2 p.m. 10 a.m.: Great Books</div> <div></div>	<div>Protecting Family Treasures</div> <div>Join paper and photograph conservator Valeria Orlandini when she discusses how to care for your family treasures on Wednesday, May 12, at 1:30 p.m.</div> <div>This 40-minute talk will provide basic information on protecting paper-based materials, photographs, books and paintings. The audience is encouraged to bring examples of specific problems for examination.</div> <div>Stay and enjoy tea and refreshments following the talk. This event is free. Please call the Center at 301-656-2797 if you plan to attend.</div>				
<div>Shuttle bus hours</div> <div></div> <div>Monday through Friday 6:40 a.m. to 9:40 p.m. Saturday and Sunday 8 a.m. to 7 p.m.</div>		<div>Village Center Hours</div> <div>Monday through Thursday 9 a.m. to 9 p.m. Friday 9 a.m. to 5 p.m. Saturday and Sunday 9 a.m. to 2 p.m.</div> <div>The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.</div>				



CLASSES and CLUBS

PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION – A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES - NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes as well as Drop-in Tai Chi are required to sign a liability waiver when they register.

ART

ACRYLIC OR OIL PAINTING (DAY)

A 10-week course for all skill levels, taught by Doris Haskell, begins June 7. Meets Mondays from 2:30 to 4:30 p.m. Cost is \$50 for residents; \$70 for nonresidents. Session ends August 23. Maximum number of students is 16. Class will not meet June 21 and July 5.

ACRYLIC OR OIL PAINTING (EVENING)

A 10-week course for all skill levels, taught by Doris Haskell, begins June 3. Meets Thursdays from 6:45 to 8:45 p.m. Cost is \$50 for residents; \$70 for nonresidents. Class ends August 5. Maximum number is 16.

PORTRAITURE IN PENCIL AND PASTEL

This 6-week class, taught by Marianne Winter, begins May 5. Meets Wednesdays from 1 to 3 p.m. Students will concentrate on achieving likeness using photos or reproductions of artwork. Please bring a pad and pencil or pastel to the first class. Some previous experience in drawing is necessary. The cost is \$70 for residents; \$75 for nonresidents. Maximum number is 8. Last class is June 9.

STILL LIFE PAINTING

A 10-week course with Joan Samworth begins June 3. Class emphasizes the elements of art: line, color, texture, shape and value and is designed to meet the needs of all levels of experience. Advance at your own pace with individual critiques and instruction. Suggested media

are pastels, watercolor, acrylics, color pencil. Supply list will be handed out first day of class. Meets Thursdays from 11 a.m. to 2:30 p.m. (you may bring lunch – brown bag only). The cost is \$145 for residents; \$150 for nonresidents. Last class is August 12 (class will not meet June 24).

EXERCISE AND FITNESS

BALANCE AND FALL PREVENTION

This 6-week class begins May 11. Meets Tuesdays, from 1 to 1:45 p.m. The class, taught by Tonya Walton, will focus on simple exercises you can do to improve overall balance. The cost is \$62 for residents; \$67 for nonresidents. Session ends June 15. Questions? Email staraka4u@gmail.com.

CHAIR EXERCISE WITH TONYA

A 6-week class begins June 9. Meets Wednesdays, from 11 to 11:50 a.m. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. The cost is \$62 for residents; \$67 for nonresidents. Session ends July 21 (class will not meet June 23).

CHAIR YOGA AND MORE

This 4-week series taught by Louisa Klein begins May 5. Meets Wednesdays from 3 to 4:15 p.m. Benefits body, mind and spirit using synchronized breathing and movement. Instills calm, steady, physical and emotional well-being. Includes weight bearing and centering poses, isometrics, toning and strengthen-

ing. Learn skills to improve all body systems that you can incorporate into your daily life. The cost is \$40 for residents; \$45 for nonresidents. Session ends May 26.

MAT PILATES

A 6-week class, taught by Ginger Russell, begins May 11. Meets Tuesdays from 7 to 8 p.m. The cost is \$80 for residents and \$90 for nonresidents. Movements to improve balance, strength and flexibility. Pilates balls are used to assist in some exercises. Not recommended for pregnant women or those with serious spinal conditions. Required equipment: Pilates/Yoga mat, large bath towel. Questions? Email Gingerrusteach@yahoo.com. Session ends June 15.

STRENGTH TRAINING WITH CHERYL

This 6-week class begins June 4. Meets Fridays, from 10:30 to 11:30 a.m. The class, taught by Cheryl Clark, will enhance range of motion and strengthen muscles and work on balance and posture. The cost is \$65 for residents; \$70 for nonresidents. Session ends July 16 (class will not meet June 25).

STRENGTH TRAINING WITH TONYA

A 6-week class begins May 17. Meets Mondays, from 1 to 1:50 p.m. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. The cost is \$62 for residents; \$67 for nonresidents. Session ends June 28 (class will not meet May 31).

TAI CHI (THURSDAY)

This 6-week session begins May 20. Meets Thursdays from 9:30 to 10:30 a.m. The cost is \$40 for residents; \$45 for nonresidents. Questions? Email instructor Thomas Johnson at taijitaj7@gmail.com. Session ends July 1 (class will not meet June 24).

TAI CHI (TUESDAY)

A 6-week class begins June 1. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$40 for residents; \$45 for nonresidents. Session ends July 13 (class will not meet June 22).

YOGA (DAY)

This 10-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins May 9. Meets Sundays from 9 to 10:20 a.m. The session includes semi-strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothing, bring a blanket or large towel and mat (can be purchased at class). Don't eat for 2 hours before class. The cost is \$120 for residents; \$125 for nonresidents. Class will not meet May 30 or July 4. Students who must miss a class may make it up in the Monday class with the instructor's permission. Session ends July 25.

YOGA (EVENING)

This 10-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins May 10. Meets Mondays from 7 to 8:20 p.m. See description above. The cost is \$120 for residents; \$125 for nonresidents. Class will not meet May 31 or July 5. Students who must miss a class may make it up in the Sunday class. Session ends July 26.

LANGUAGE

BEGINNING SPANISH

This 8-week course begins May 18. Instructor Elena Marra-Lopez has taught teenagers and adults at Sidwell Friends School, Washington

International School, Montgomery College, and the USDA Graduate School. The class meets Tuesdays, from 5:30 to 7 p.m. The cost is \$200. Session ends July 6.

INTERMEDIATE SPANISH

This 8-week course begins May 17. This class is for students who have some knowledge of Spanish and permission from the instructor, Elena Marra-Lopez. The class meets Mondays, from 1:30 to 3 p.m. The cost is \$210. Session ends July 19 (class will not meet May 31 and July 5).

ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES

BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse is on hand to offer free blood pressure screenings Tuesdays from 1 to 2:45 p.m. The nurse is also available for consultations Tuesdays from 3 to 5 p.m.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets informally every Friday from 10:30 a.m. to noon. Led by group members.

CONCERTS

Free live music is presented most Wednesdays throughout the year at 7:30 p.m. Check the calendar and concert page for each week's performance information.

FHUN

The Friendship Heights Urban Network (FHUN) is a group dedicated to bringing together young professionals, young parents, and college students. The group organizes events such as monthly Happy Hours, barbeques, and special evenings at local restaurants. For more information, check FHUN's website at www.fhun.net. This group is not affiliated with the Friendship Heights Village Council.

GREAT BOOKS DISCUSSION GROUP

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Leadership is rotated among group members. Meets Mondays from 10 a.m. to noon. Contact Jean McNelis at 301-656-6695.

GREAT COURSES

Taped lectures followed by discussion. Meets alternate Wednesday evenings from 7:30 to 8:30 p.m. The DVD series is produced by The Teaching Company, renown for selecting gifted teachers, lecturers, and historians to address their topics. Check the calendar for dates and topics. See page 6 for details.

HEALTH INSURANCE COUNSELING

Free assistance offered by the Maryland Cooperative Extension's Senior Health Insurance Assistance Program. Usually meets on the second and fourth Wednesdays of each month from 2 to 4 p.m. Call 301-590-2819 for an appointment; walk-ins are welcome.

SCRABBLE

This group of Scrabble players meets at the Center Thursdays at 6:15 p.m. All are welcome.

TEA TIME

Village residents and their guests are invited to tea every Tuesday from 3 to 4 p.m. Hot beverages, cookies and fruit are served by Village volunteers.

VILLAGE PLAY TIME

Children of all ages are welcome to be together at the Village Center most Thursdays from 11 a.m. to 4 p.m. Games, toys and play equipment will be set out in the auditorium. Children must be accompanied by a caregiver, friend or family member over age 13.

Continued on page 16

CONCERTS

Concerts are performed Wednesdays, from 7:30 to 8:30 p.m., in Huntley Hall in the Village Center. As a courtesy to our performers please turn off any cell phones or electronic devices. If you arrive after the concert has begun, please wait for a break in the performance before entering the auditorium.

Wednesday, May 5 — Kinor Dance Company — Join Kinor Dance Company for a rousing program of dance and music. The evening includes a performance of *Golden Celebration*, and the world premiere of its sequel, *Golden Five*, testaments to the bonds of love in a long-term marriage. Both the upbeat *Joy and Spirit of Israel* and *A Time To...*—the latter inspired by verses from Ecclesiastes—return by popular demand and will be danced in their entirety. The moving story of World War II Resistance heroine Hannah Senesh, *The Defender*, and the uplifting *The Way it Was, The Way It Is*, round out the performance.

Wednesday, May 12 — Minter and Minter —The husband and wife team of pianist and arranger George and Marilyn delight the audiences with their cabaret act of popular standards and show tunes. They make music with all the glitz you would come to expect of artists who have appeared in the world's foremost nightclubs.

Wednesday, May 19 — Guity Adjooodani — Guity Adjooodani began playing the piano at age 5 in her native Iran, before coming to the U.S., where she continued her musical studies. She holds a master's degree in music

and an artist diploma in performance from the Boston and New England conservatories, respectively. In the early 1970s, while at the Tanglewood Music Festival on full scholarship, she performed in the master classes of acclaimed pianists Claude Frank, Alexis Weissenberg, and Andre Watts, and with the Festival Orchestra under the batons of Leonard Bernstein, Seiji Ozawa, Bruno Maderna and Michael Tilson Thomas. She has performed concerts throughout the U.S., Europe, and Iran. Over the past four decades, she has served on the faculties of numerous music schools, including Boston Conservatory, Tehran Conservatory, Maryland Hall for the Creative Arts, and the Peabody Institute of Music. Her recital will include selections from Rachmaninoff, Debussy, Chopin, Gershwin, Schubert, Liszt, Blumenfeld, Schumann, Scriabin, and Javad Marufi.

Wednesday, May 26 — Good Time Trio — Trombonist John Jensen, former lead trombone of the United States Navy Commodores, leads this Dixie-style trio, which also includes clarinet and banjo. Jensen, who performs frequently with the Smithsonian Jazz Masterworks Orchestra, has recorded and has done studio work for commercial and film scores.



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TO YOUR HEALTH

Preventing a brain attack

What is the latest in treatment for stroke? The stroke team from NIH at Suburban Hospital has had record success with early diagnosis, treatment and positive outcomes of those who have suffered a stroke. Members of the team will speak at this month's Suburban Health Lecture at the Village Center on **Wednesday, May 12, at 1 p.m.** Participants will learn about recent positive patient outcomes and will have the opportunity to discuss leading risk factors and warning signs.

There is no cost for the talk, but please call 301-656-2797 to let us know if you plan to attend.



Screening for skin cancer

Mariella Purvis, physician assistant at the Dermatologic Surgery Center of Washington, will administer free skin cancer screenings at the Village Center on **Wednesday, May 19, from 9:30 to 11:30 a.m.**

Screenings, held in complete privacy, will last about ten minutes. Call 301-656-2797 to make an appointment. Early detection is the best defense against all forms of skin cancer!

Vision Support Lunch and Learn: 'Sunglasses- what you should know'

Overexposure to the sun can cause severe conditions including sunburn to the cornea, cancer in and around the eye, and has been implicated in the development of cataracts and possibly macular degeneration. What you may not know is that even the best designer sunglasses may be doing more to improve your appearance than to protect your eyes from sun damage.

The Vision Support Group invites you to join Dr. William Davis, optometrist at Washington Eye Physicians and Surgeons, at the Village Center on **Tuesday, May 18, at 12:30 p.m.** for a lively and informative sight-saving discussion of the most common myths and facts about eye protection and your sunglasses. This is an important program for EVERYONE.

Bring a bag lunch; dessert and beverages will be provided. The Vision Support Group is a partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Please call 301-656-2797 to register.

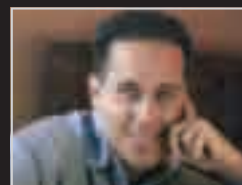


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After lunch, we'll drive down the road to the Luray Caverns, the most popular cave in Eastern America visited every year by people from all over the world. We'll see rooms the size of cathedrals, towering stone columns, shimmering "draperies" and crystal-clear pools. One highlight will be the famous Stalacpipe Organ, the world's largest musical instrument that has stalactites as organ pipes. Visitors who don't want to tackle the stairs down to the caves can choose to wander through the garden maze instead. We promise not to leave before you find your way out!

The cost of the trip, which includes entry fees to all attractions, luncheon, transportation and driver tip, is \$89. Residents and one guest may sign up immediately; non-residents may sign up May 15. **Please sign up by June 14.** There are 24 spaces available. Children six and older are welcome with an adult. Be sure to bring a sweater or light jacket- temperatures in the caverns are in the 50's, even when it's hot outside.

This trip requires a lot of walking. The Shenandoah Caverns has an elevator down to the caves, but the tour is one mile in length. Luray Caverns has many steps down to the underground rooms; you may choose to walk through the garden maze instead.

VISION SUPPORT LUNCH AND LEARN

A partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Meets the third Tuesday of the month at 12:30 p.m. for a brown bag lunch and discussion with an invited speaker. Contact Janet Morrison at 301-538-9358 for more information.

WALKING CLUB

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis at 301-718-6340 for more information.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883 for more information.

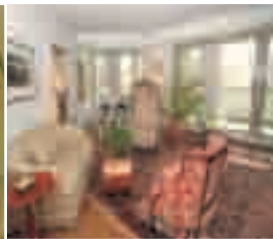


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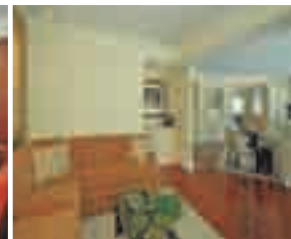
SH II #PH-18B: 4BR, 4.5BA
\$3,350,000



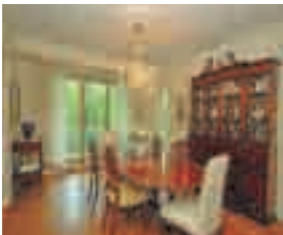
SH I #403: 3BR, 2.5BA
\$1,895,000



SH I #1608: 3BR, 2.5BA
\$1,750,000



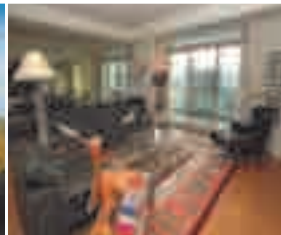
SH I #206: 2BR+Den, 2.5BA
\$1,595,000



SH I #208: 3BR, 2.5BA
\$1,625,000



SH I #1602: 2BR+Den, 2.5BA
\$1,295,000



SH II #1504: 2BR, 2.5BA
\$1,299,500



SH I #109: 1BR, 1.5BA
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Cafe Muse presents...

This month's Café Muse, on **Monday, May 3, at 7 p.m.**, presents a reading by poets David Dodd Lee and Lesley Wheeler.

David Dodd Lee is the author of *Downsides of Fish Culture*, *Arrow Pointing North*, and *Abrupt Rural*. His poems appear widely in *Field*, *Prairie Schooner*, and other journals.

Lesley Wheeler is the author of five books including *Heterotopia*, winner of the 2009 Barrow Street Poetry Prize, *Heathen*, *Voicing American Poetry*, and *The Poetics of Enclosure*, and she is co-editor of *Letters to the World: Poems from the Wom-Po Listserve*. She is Professor of English at Washington and Lee University.

Café Muse opens at 7 p.m. with refreshments and classical guitar by Michael Davis; readings begin at 7:30. Attending poets are invited to participate in an open reading that concludes the program. A sign-up sheet will be available at 7 p.m.

Café Muse is presented by The Village of Friend-

ship Heights and The Word Works, a nonprofit literary organization that has sponsored public programs for over 30 years. For more information visit www.wordworksdc.com.

Landon performs Vivaldi, Mozart and Haydn

The Landon Symphonette Chamber Ensemble returns to the Village Center for a lunchtime concert on **Saturday, May 22, from noon to 1:30 p.m.** The program will be *Concerto for Two Oboes in D-Minor* by Vivaldi; Piano Concerto No. 15 by Mozart; and *Symphony No. 85 "La Reine"* by Haydn. Featured soloists include: Evgeny Sidorov Zoila Holtzer, and Virginia Lum. The event is free, but seating is limited. Please call the Village Center at 301-656-2797.

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5530 Wisconsin Avenue, Suite 560, Chevy Chase, MD 20815

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Mad Hatter Tea Party

Curiouser and curiouser ... won't you come for tea?
White Rabbit says that it will be as lovely as can be!
Tea sandwiches are perfect for a Mother's Day affair,
and Alice and the Hatter will most certainly be there!

So come to Friendship Heights on this very special
date ... just follow the Rabbit's footprints ... and
goodness, don't be late!

While you're here, meet our team, tour our community and find out what we do to make it a
place seniors are proud to call home. Since 1981, Sunrise Senior Living has been committed to
providing seniors, families and caregivers with innovative senior living and care options.

Happy Mother's Day!

Brighton Gardens
Friendship Heights



Brighton Gardens at Friendship Heights 301-656-1900 5555 Friendship Blvd., Chevy Chase, MD 20815

Assisted Living - Alzheimer's Care

For more information and a FREE online newsletter, visit
www.sunriseseniorliving.com

Village Council Corner

Shuttle Bus to Stop at Whole Foods

As soon as the new Whole Foods opens on May 18, our shuttle bus will begin stopping regularly in the circular driveway in front of the store. To accommodate the new



stop, the hold-over time at the Giant will be reduced by a few minutes, but **the remainder of the schedule, including weekday morning**

express service, will remain exactly the same. Copies of the new schedule will be posted to the buildings and will be available on the bus and at the Center.

Council actions at the April 12 meeting:

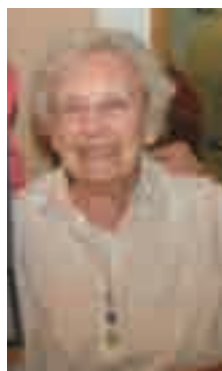
- Confirmed third year of proposal with Lindsey & Associates to perform Village's FY 2010 audit;
- Authorized replacement of playground equipment at Page Park.

Bus Depot to Close Temporarily

The Chevy Chase Land Company will be doing some repairs at the Friendship Heights bus depot, starting in mid-May. The work will close the interior of the depot for about four weeks. Our bus will stop on the Western Avenue side of the terminal.



Photos by Joel Williams



Community Day Honorees

At our annual Community Day celebration on April 13, Mayor Melanie White presented certificates to two Village Centenarians, **Frances Zoslow** (above left) and **Leonard Saxe** (above), as well as a Certificate of Appreciation to **Marianne Cook** (left) for her volunteer service.



Friendship Heights

VILLAGE NEWS

Friendship Heights Village Center
4433 South Park Avenue
Chevy Chase, Maryland 20815

Check out our website:

www.friendshipheightsmd.gov

e-mail: info@friendshipheightsmd.gov

phone: 301-656-2797

May 2010 events calendar